

FROZEN MEALS SERVICE



MENU

Effective: October 11, 2016

apetito

WELCOME TO OUR MENU

We understand that having to prepare meals every day can become a chore and remove the enjoyment from meal times. Our menu is full of tempting dishes to help you enjoy a well-balanced meal every day. Even if you have to follow a special diet, we have many affordable, nutritious and tasty meal options.

Our menu provides complete meals, soups and desserts that are delivered to your home. All of our meals are made with a focus on nutrition and taste, which come frozen to preserve freshness. A lot of our meals are low in fat, low in calories and low in sodium. We have a number of low sodium soup options and a few desserts that have no added sugar. Our diet codes that classify each meal will help you choose which item is right for you. Turn to [page 1](#) for more information.

We also provide meals that are gluten-free, lactose-free, low sodium and have controlled levels of potassium & phosphorus. In addition, we offer a range of complete meals and soups for a minced and pureed diet. We hope you enjoy browsing through the menu. You can place your order whenever you are ready.

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DIET SYMBOLS

We have classified each meal, soup and dessert with a diet code. You will find each item's code(s) beneath its description. Use them to select the meals suitable for your diet. The definitions are below.

NAS **NO ADDED SUGAR.**

Desserts marked with this symbol contain no added sugar or ingredients containing added sugars.

GF **GLUTEN-FREE.**

These meals do not contain any gluten proteins or wheat.

LC **LOW CALORIE.**

These meals contain 120 calories or less per 100g.

LF **LOW FAT.**

These meals contain 3g or less of fat per 100g.

LS **LOW SODIUM.**

These meals contain less than 140mg of sodium per 100g.

V **VEGETARIAN.**

These meals contain no meat, however may contain dairy such as milk, cheese and eggs.

VEGAN Vegetarian items that do not contain dairy or egg products.

ASIAN-STYLE GLAZED SALMON




12119

CLIENT LETTER

We received a heartfelt letter from a client expressing her gratitude for our meals.

She says, "I wonder if you realize what a blessing your Meals on Wheels food is to older people. As I am nearly 80 years old I find it very difficult to get outdoors, especially in the winter. For the past year I have been getting your food 2 or 3 times a week and it makes a big difference. For one person it is hard to keep fresh food; plus your meals give me so much variety. Since I have been enjoying your meals I feel much better physically and mentally. Just the fact that they are delivered makes me feel that someone cares."


Apetito Canada Ltd.
Brampton, Ontario

Dear Friends:

I wonder if you realise what a blessing your Meals-on Wheels food is to older people. As I am nearly 80 years old I find it very difficult to get outdoors, especially in winter. For the past year I have been getting your food 2 or 3 times a week and it makes a big difference. At my age I really only want one big meal a day and for one person it is hard to buy and keep fresh food; plus your meals give me so much variety. I don't eat a great many sweets, so I think your desserts are wonderful.

Since I have been enjoying your meals I feel much better both physically and mentally. Just the fact that they are delivered makes me feel that someone cares.

Thanks again for all your hard work in preparing this food and I wish you all the best of health and happiness.

Sincerely,

Evelyn Stagg

BEEF

MACARONI MEAT & CHEESE CASSEROLE

ground beef in tomato sauce, topped with macaroni and cheese with green & yellow beans and carrots.

LS 395g 12005

BEEF STEW

with squash and mashed potatoes.

LC LF 445g 12008

TRADITIONAL POT ROAST

with country-style potatoes, carrots and green & yellow beans.

LS 330g 12010

SALISBURY STEAK

with mushroom gravy, home fried potatoes and mixed carrots, beans, peas and pearl onions.

LC 330g 12017

CHOPPED SWISS STEAK

in tomato gravy with squash and mashed potatoes.

LC LS 385g 12046

MEATLOAF IN MUSHROOM GRAVY

with mashed potatoes, green & yellow beans and carrots.

LC LF 334g 12062

LIVER & ONIONS

with mashed potatoes and mixed carrots, beans, peas and pearl onions.

360g 12087

MEAT LASAGNA

with mixed orange & yellow carrots and green beans.

300g 12092

BEEF

GINGER BEEF

beef cooked in ginger sauce with vegetable chow mein and broccoli.

LC 310g 12096

SHEPHERD'S PIE

with peas and carrots.

LC 400g 12108

VEAL PARMIGIANA

topped with tomato sauce and cheese, served with peas, carrots and mashed potatoes.

363g 12109

SPAGHETTI BOLOGNESE

with carrots.

LC LF LS 380g 12111

STEAK & MUSHROOM PIE

with mixed carrots, beans, peas and pearl onions.

LC 400g 12118

MEATBALLS IN GRAVY

with mashed potatoes and carrots.

340g 12125

BEEF STROGANOFF

over egg noodles with peas and red pepper.

LS 345g 12130

SLICED BEEF WITH ONION GRAVY

with mashed potatoes, peas and carrots.

LC LS 350g 12132

BEEF

BEEF CURRY

with seasoned white rice and peas.

GF 355g

12140

MEATBALLS AND PEPPERS

in herb gravy with mashed potatoes and carrots.

LC 350g

NEW

12146

SLICED BEEF WITH MUSHROOM GRAVY

with mashed potatoes and mixed vegetables.

LC 335g

NEW

12150

SHEPHERD'S PIE



12108

CHICKEN & TURKEY

CHICKEN À LA KING

with carrots and mashed potatoes.

LC LS 360g 12001

TURKEY WITH STUFFING & CRANBERRY SAUCE

with peas and mashed potatoes.

LC LF LS 340g 12007

COUNTRY CHICKEN

in a bacon gravy with mashed potatoes, stuffing and carrots.

LC LF LS 335g 12032

BREADED CHICKEN BREAST

on a red pepper rice pilaf topped with Caesar sauce and served with green & yellow beans and carrots.

LC 365g 12057

CHICKEN CACCIATORE

with mashed potatoes, zucchini and carrots.

LC LF 370g 12078

ROAST CHICKEN

bone-in chicken thigh with fries, dipping sauce and mixed carrots, corn, beans and peas.

330g 12090

LEMON CHICKEN

chicken breast in lemon sauce with white rice, sugar snap peas and mushrooms.

LC LF LS 350g 12094

BREADED CHICKEN FINGERS

with french fries, peas and carrots.

290g 12113

CHICKEN & TURKEY

GENERAL TSO'S CHICKEN

sweet and sour boneless chicken with vegetable fried rice and green beans.

310g

12114

CHICKEN STEW

with mashed turnip and garlic buttered spinach.

LC 410g

12116

CHICKEN BREAST WITH WHITE CHEDDAR & BROCCOLI SAUCE

with home fries and mixed carrots, beans, peas and pearl onions.

LC LF 350g

12124

TURKEY CHILI

with white rice and mixed corn and green & red peppers.

LC LS 365g

12127

CHICKEN POT PIE

chicken, carrots, peas and mushrooms in a cream sauce topped with pastry, served with green beans and carrots.

LC LS 405g

12135

SWEET & SOUR CHICKEN

with white rice.

LC LF LS 300g

12139

CHICKEN BREAST WITH CHEDDAR & BACON SAUCE

with rosemary potatoes and mixed vegetables.

GF LC 350g

12141

HERBED CHICKEN WITH MUSHROOM GRAVY

herbed chicken breast with sweet potatoes and French style green beans.

GF LC LF LS 330g

12142

CREAMY RANCH CHICKEN

with diced potatoes and green beans.

LC 350g

NEW

12147

CHICKEN WITH HONEY BBQ SAUCE

with vegetable rice pilaf and mixed vegetables.

LC LF LS 320g

NEW

12148

TURKEY WITH STUFFING & CRANBERRY SAUCE



12007

PORK

PORK WITH STUFFING

with mashed potatoes and carrots.

LS 385g

12020

TOURTIERE MEAT PIE

ground pork & beef topped with pastry and served with peas and mixed corn and bell peppers.

370g

12073

RIB STYLE PORK CUTLET

in barbeque sauce with squash and home fried potatoes.

LC 310g

12089

CHAR SIU PORK

served with rice, sugar snap peas and mushrooms.

LC LF 320g

12097

PORK

BAKED HAM

in pineapple sauce with cheddar potatoes and carrots.

LC 308g

12115

APPLE BRAISED PORK

with stuffing, mashed sweet potatoes and green beans.

LC LF 340g

12129

BANGERS & MASH

with mashed potatoes, gravy and peas.

415g

12138

SEASONED PORK LOIN

with succotash and scalloped potatoes.

GF LC LS 335g

12143

HAM AND BROCCOLI CASSEROLE

with red-skinned potatoes and carrots.

LC 305g

NEW

12149

BAKED HAM



12115

FISH

FISH FLORENTINE

cheese sauce over haddock fillet on a bed of spinach is served with dill potatoes and carrots.

LC LS 350g **12003**

FISH AND CHIPS

with mixed carrots, peas, green beans and corn.

245g **12013**

LEMON HERB FISH

haddock with a herb paste is served with home fried potatoes and mixed corn and green & red peppers.

LC LS 297g **12031**

SALMON IN LEMON SAUCE

on a bed of white rice with peas, carrots and mashed turnip.

LC LF LS 390g **12063**

ASIAN-STYLE GLAZED SALMON

on a bed of shredded cabbage with rice and mixed vegetables.

LC LF LS 316g **12119**

FISH CAKES

with tartar sauce, french fries, peas and red pepper.

300g **12134**

FISHERMAN'S PIE

diced salmon, peas and white cheddar sauce under a bed of hash browns, served with carrots.

GF LC 405g **12144**

SALMON CHOWDER CASSEROLE

with mixed zucchini, cauliflower, carrots and celery.

300g **NEW** **12151**

SALMON IN LEMON SAUCE



12063

VEGETARIAN

VEGETARIAN CHILI

with white rice and mixed corn and green & red peppers.

LC LF V VEGAN 385g 10004

VEGETARIAN DHAL

a mild lentil curry with basmati rice, carrots and zucchini.

LC LF V VEGAN 365g 10006

VEGETARIAN PASTA PRIMAVERA

with mixed orange & yellow carrots and green beans.

LC LF V VEGAN 410g 10007

VEGETARIAN STEW

with mashed potatoes and squash.

LC LF LS V VEGAN 490g 10009

CHEESE OMELET

with home fried potatoes and vegetable ragout.

V 289g 10047

VEGETABLE LASAGNA

with peas & pearl onions and mixed corn and green & red peppers.

V 365g 12021

VEGETARIAN

MACARONI & CHEESE

with stewed tomatoes and mixed carrots, beans, peas and pearl onions.

LC V 390g **12079**

VEGETABLE CHOW MEIN

with mixed vegetables.

V VEGAN 330g **12121**

CHANA MASALA

a mild chick pea curry with seasoned white rice.

LC LF V VEGAN 350g **12131**

VEGETARIAN TOFU ORIENTAL

with white rice and green beans.

LC LF LS V VEGAN 430g **12137**

VEGETABLE AND LENTIL POT PIE

with diced squash and French style green beans.

LC V VEGAN 300g **NEW** **12152**

BROCCOLI, MUSHROOM AND RICE CASSEROLE

with string beans and carrots.

LC V 315g **NEW** **12153**

VEGETARIAN PASTA PRIMAVERA



10007

GLUTEN-FREE

BEEF CURRY

with seasoned white rice and peas.

GF 355g **12140**

CHICKEN BREAST WITH CHEDDAR & BACON SAUCE

with rosemary potatoes and mixed vegetables.

GF LC 350g **12141**

HERBED CHICKEN WITH MUSHROOM GRAVY

herbed chicken breast with sweet potatoes and French style green beans.

GF LC LF LS 330g **12142**

SEASONED PORK LOIN

with succotash and scalloped potatoes.

GF LC LS 335g **12143**

FISHERMAN'S PIE

diced salmon, peas and white cheddar sauce under a bed of hash browns, served with carrots.

GF LC 405g **12144**

apetito offers some additional entrees which are gluten-free, lactose-free, low sodium and have controlled levels of potassium & phosphorus. Check under our "Special Diet" category on page 19.

SOUP

BEEF BARLEY SOUP

LC LF LS 200g 93007

CREAM OF CAULIFLOWER SOUP

LC V 200g 93012

CHICKEN NOODLE SOUP

LC LS 200g 93013

MINISTRONE SOUP

LC LF LS V VEGAN 200g 93014

COUNTRY VEGETABLE SOUP

LC LF LS V VEGAN 200g 93015

CREAM OF POTATO & CHIVE SOUP

LC V 200g 93017

CREAM OF BROCCOLI SOUP

LC V 200g 93019

CREAM OF MUSHROOM SOUP

LC V 200g 93020

TURKEY RICE SOUP

LC LF LS 200g 93022

CREAM OF TOMATO SOUP

LC V 200g 93023

CREAM OF GREEN SPLIT PEA SOUP

LC V 200g 93024

TURKEY NOODLE SOUP

LC LS 200g 93045

CANADIAN SPLIT PEA SOUP

LC LF LS 200g 93046

ITALIAN WEDDING SOUP

LC LS 200g 93047

SOUP

BROCCOLI & CHEESE SOUP

LC LF LS V 200g 93048

CREAM OF CHICKEN SOUP

LC 200g 93050

SQUASH SOUP

LC V 200g 93063

CHICKEN NOODLE

low sodium

LS 160g 93346

MINISTRONE

low sodium

LC LF LS 160g 93347

TOMATO LENTIL

low sodium

LC LF LS V VEGAN 160g 93348

COUNTRY VEGETABLE

low sodium

LC LF LS V VEGAN 160g 93349

ITALIAN WEDDING SOUP



93047

BREAKFAST

ORANGE JUICE

LC LF LS V VEGAN 07085

APPLE JUICE

LC LF LS V VEGAN 07086

CARROT MUFFIN

V 84g 08003

RAISIN BRAN MUFFIN

V 84g 08008

CREAM OF WHEAT CEREAL

LC LF LS V 180g 94000

OATMEAL

LC LF LS V 180g 94001

DESSERT

LOW SUGAR CHOCOLATE MOUSSE

also suitable for a pureed diet.

LC 90g 09011

LOW SUGAR STRAWBERRY MOUSSE

also suitable for a pureed diet.

LC LS 90g 09021

LOW SUGAR TANGERINE MOUSSE

also suitable for a pureed diet.

LC LS 90g 09041

BUTTER TART

90g 14008

CARROT CAKE

V 95g 14009

DESSERT

APPLE CRISP

LC LS V 95g 14011

PEACH COBBLER

LS V 132g 14012

RICE PUDDING

LC LF LS V 150g 14013

CHERRY COBBLER

LC LS V 120g 14014

FRUIT COCKTAIL

LC LF LS V VEGAN 115g 14016

VANILLA PUDDING

also suitable for a pureed diet.

LS V 85g 14022

CHERRY STREUSEL

LS V 83g 14026

LEMON TART

83g 14056

BANANA CAKE

V 66g 14058

CHEESECAKE

NAS V 40g 14076

PECAN TART

LS 90g 14077

RASPBERRY TART

85g 14080

STRAWBERRY SWIRL CHEESECAKE

V 74g 14091

DESSERT

STRAWBERRY SHORTCAKE

V 60g

14092

LEMON LAYER CAKE

V 60g

14093

CHOCOLATE FUDGE CAKE

V 60g

14094

STICKY TOFFEE PUDDING

V 60g

14095

ORANGE LAYER CAKE

V 60g

14096

BLUEBERRY CAKE

NAS V 40g

14313

CHERRY COBLER



14014

SPECIAL DIET

Suitable for Gluten-Free, Lactose-Free, Low Sodium and Controlled Potassium & Phosphorus.

APPLE PORK

with white rice, green beans and squash.

GF LC LF LS 300g 10012

BEEF & VEGETABLE CASSEROLE

with white rice and peas.

GF LC LS 275g 10017

HERBED FISH

with white rice and peas.

GF LC LF LS 278g 10018

HAWAIIAN CHICKEN

with white rice and carrots.

GF LC LF LS 310g 10020

TURKEY WITH GRAVY

with white rice, green beans and squash.

GF LC LF LS 270g 10021

CHICKEN WITH GRAVY

with white rice and green beans.

GF LC LF LS 285g 10033

POT ROAST BEEF

with white rice and peas.

GF LS 255g 10054

MINCED

BEEF DINNER

with mashed potatoes and minced peas.

LC LF 365g **17001**

APPLE BRAISED PORK

with mashed potatoes and minced green beans.

LC LS 380g **17002**

HAM

with mashed potatoes and minced yellow beans.

LC LF 335g **17003**

CHICKEN À LA KING

with mashed potatoes and minced carrots.

LC LF LS 375g **17004**

TURKEY DINNER

with mashed potatoes and minced mixed vegetables.

LC LF 345g **17005**

PESTO CHICKEN

with cheddar potatoes and minced mixed vegetables.

LC 360g **17006**

PASTA PRIMAVERA

with mashed potatoes and minced peas.

LC LF V 400g **17009**

BEEF STEW

with mashed potatoes and minced carrots.

LC LF LS 420g **17010**

MINCED

HONEY DIJON PORK

with mashed potatoes and minced green beans.

LC LS 355g **17012**

VEGETARIAN STEW

with mashed potatoes and minced peas.

LC LF LS V 320g **17013**

SWEET AND SOUR CHICKEN

with mashed potatoes and minced peas.

LC LF LS 300g **NEW** **17014**

PUREED

CHICKEN À LA KING

with mashed potatoes and carrot puree.

LC LF 410g **16001**

LASAGNA

with pureed broccoli and pureed carrots.

LC LF 300g **NEW** **16002**

APPLE BRAISED PORK

with sweet potatoes and green bean puree.

LC 410g **16003**

MACARONI & CHEESE

with mashed potatoes and broccoli puree.

LC 410g **16004**

SHEPHERD'S PIE

with mashed potatoes, peas and carrot puree.

LC 460g **16005**

PUREED

TURKEY DINNER

with mashed potatoes, squash and pumpkin puree.

LC 360g 16006

BEEF & VEGETABLE CASSEROLE

with mashed potatoes and broccoli puree.

LC 410g 16007

POT ROAST BEEF

with mashed potatoes and carrot puree.

LC LS 360g 16009

SWEET & SOUR CHICKEN

with mashed potatoes and mixed vegetable puree.

LC 410g 16011

MEATLOAF

with mashed potatoes, squash and pumpkin puree.

LC 410g 16016

LEMON HERB FISH

with mashed potatoes, and mixed vegetable puree.

LC 410g 16017

CHICKEN CACCIATORE

with mashed potatoes and peas puree.

LC LF 425g 16018

SPAGHETTI BOLOGNESE

with mashed potatoes and green bean puree.

LC 415g 16020

TURKEY CASSEROLE

with mashed potatoes and green beans puree.

LC 410g 16021

PUREED

CREAMED SALMON

with mashed potatoes and spinach puree.

LC 350g

16023

THICKENED SOUP

BROCCOLI

puree of broccoli.

LC 160g

13053

CARROT

puree of carrot.

LC 160g

13054

CAULIFLOWER

puree of cauliflower.

LC 160g

13055

CHICKEN NOODLE

puree of chicken, celery, carrots and egg noodles.

LC LF 160g

13056

MUSHROOM

puree of mushroom.

LC 160g

13057

TOMATO BEEF

puree of tomato, beef, potatoes and carrots.

LC LF 160g

13058

THICKENED CARROT SOUP



13054

NOTES

All items detailed in this brochure are subject to availability and may change periodically.



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apetito